

Retiree Report

August, 2002

A Quarterly Publication from the
Fairfax County Retirement Agency

COLA's Effective July 1, 2002

Cost of Living Adjustments (COLAs) of 3.0% for retirees in the Employees' and Uniformed Retirement Systems and 2.67% in the Police Officers Retirement System, were effective July 1, 2002.

The 2.0% base COLA reflects the increase in the Consumer Price Index (CPI) for the Washington area for the period ending March 31, 2002. According to the ordinances which govern the Systems, COLA's are set at the lesser of the Consumer Price Index increase for the previous year or 4%. Each Board of Trustees may also grant up to an additional 1% depending on the funds' available actuarial surplus. The Boards of Trustees for the Employees' and Uniformed Systems granted the additional 1.0% ad hoc Cola and the Board of Trustees of the Police Officers System granted an additional 0.67%.

This cost of living increase was reflected in your July 31 check.

Members who retired: between July 2, 2001 and October 1, 2001 will receive 75% of the COLA amount; between October 2, 2001 and January 1, 2002 will receive 50%; between January 2, 2002 and April 1, 2002 will receive 25%; and after April 1, 2002 will not receive a COLA this year.

**!! Many Thanks !! to all the Retirees
who volunteered their time to speak at our
*Planning for Retirement Classes !***

We were overwhelmed with enthusiastic retiree volunteers and received appreciative feedback from the class participants. This feature will now be a "regular" on the agenda in upcoming classes.

Police Officers Board of Trustees Expands from 5 to 7 Members *Effective July, 2002*

Please help welcome two new members of the Police Officers Retirement System Board of Trustees.

Stuart H. Rakoff, Pd.D. was appointed by the Board of Supervisors. Dr. Rakoff, a long-time resident of Reston, Virginia, is an independent management consultant who specializes in organization effectiveness and service quality in government and business organizations. His expertise will be valuable in his new role as a member of the Police Officers Board of Trustees.

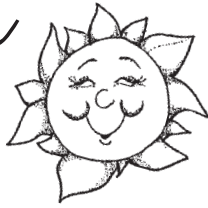
James R. Dooley, Jr. is the newly elected retiree member of the Police Officers Board of Trustees. Mr. Dooley, retired since 1993, has served on the Retired Police Association Board for almost 5 years and was appointed to be the Association's liaison with the Retirement Board about 4 years ago.

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Spotlight on

The Retirement Agency



Thomas H. Weaver, CFA, Senior Investment Manager of the Fairfax County (Virginia) Retirement Agency, supports the Board of Trustees of the \$1.8 Billion Employees' Retirement System with responsibilities for Investment Policy and Implementation. Mr. Weaver recently celebrated his third anniversary with Fairfax County.

Before joining Fairfax County, Mr. Weaver was President of Davis, Weaver and Mendel Investment Advisors in Atlanta, Georgia. He has worked with Ned Davis Research producing quantitative asset allocation programs and with Arthur B. Laffer providing economic consulting services.

Mr. Weaver also serves on the Board of Trustees and Investment Committee of the Pension Fund of the

Christian Church (Disciples of Christ) and is Chairman of the Finance Committee.

Mr. Weaver received BSBA (1972) and MBA (1973) degrees from the University of Missouri – Columbia and is a Chartered Financial Analyst (1978).

Mr. Weaver resides in Fairfax Station, Virginia with his wife, Karen. According to Tom, he likes the work here because he really enjoys “doing the big picture asset allocation things we’re able to do here. We also have a great Board that is interested in doing some innovative things. This is a great place to be.”

He likes to read, mostly fiction of the Adventure/Mystery/Detective variety. He travels, and loves Colorado and the western mountains. He and his wife even owned a Dude Ranch in Estes Park, Colorado, complete with 50 horses. He loves baseball, and enjoys college football and basketball.

The Weavers have one daughter who’s a first grade teacher in the Atlanta, Georgia area.

Often the staff in an office are just voices on the other end of the phone or a name you hear in passing. Each issue of Retiree Report spotlights one individual of the Retirement Agency staff in an effort to help you get to know them better.

Fairfax County Park Authority - Check Out the Possibilities

ONLINE ! Website address: www.fairfaxcounty.gov/parks/parks.htm

By Traci Vaughan

What does the Park Authority have to offer?

Over 380 parks facilities on over 20,000 acres offer a variety of opportunities for retirees and others! Facilities include RECenters, golf courses, historic sites, nature centers, three lakes, two campgrounds, a horticultural center, a working farm and mill, an equestrian center, and nature centers, a Water Park, an ice skating rink. If you like to camp, hike, fish, play tennis/golf/miniature golf, picnic, visit historic places, or ride a carousel, check out www.fairfaxcounty.gov/parks/outdoor.htm to find the spot for you.

There are many activities scheduled! For a calendar of events, see www.fairfaxcounty.gov/parks/calframe.htm.

Want to learn something new?

Ever consider taking a course to learn a new skill or brush up on skills you already have? Browse the internet to search the courses available and register online: www.co.fairfax.va.us/parks/parktakes.htm.

Want to volunteer your time?

Volunteer opportunities are many and varied. Work outdoors or indoors, stay fit, help others, learn more about your heritage and/or teach others. See <http://www.fairfaxcounty.gov/parks/volunteer.htm> for your options and contacts.

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Get to Know Your Trustees

While many retirees are familiar with their System's Board of Trustees, others may not know anything at all about the people who are charged with the proper operation of the System to which they belong. This quarter's column, features **Robert Carlson**, Chairman of the Employees' Retirement System.

Trustee Tracking

Robert C. Carlson, a long-standing appointed Trustee of the Employees' Retirement System Board is celebrating his 7th year as Chairman. In this position, Mr. Carlson oversees the management of over \$1.8 billion in system assets. He is also a member of the Board of Trustees of the Virginia Retirement System which oversees \$35 billion in assets.

Mr. Carlson focuses on the financial needs of retirees and is editor of a monthly financial newsletter for retirees. He is also a managing member of Carlson Wealth Advisors, L.L.C.

Mr. Carlson has written numerous books and reports, including *Tax Wise Money Strategies*, *Retirement Tax Guide*, *How To Slash Your Mutual Fund Taxes*, *Bob Carlson's Estate Planning Files*, and *199*

Loopholes That Survived Tax Reform.

He also has been interviewed by or quoted in numerous publications, including *The Wall Street Journal*, *Reader's Digest*, *Barron's*, *Money*, *Worth*, *Kiplinger's Personal Finance*, the *Washington Post*, and many others. He has appeared on national television and on a number of radio programs.

Mr. Carlson is an attorney and certified public accountant who received his J.D. and M.S. (Accounting) from the University of Virginia and received his B.S. (Financial Management) from Clemson University. He is also a licensed private pilot.

Except for college and law school, Bob has lived in the Fairfax area since he attended first grade. He went to Fairfax County Public Schools, graduating from J.E.B. Stuart High School. He and his wife have one daughter who just graduated from high school and will start at the Art Institute of Chicago this August.

Park Authority *continued from page 2*

Want to earn some extra money while doing something you enjoy?

Do you possess skills and talents you could share with others? Better yet, you may pick up some extra spending money at the same time! Consider working part-time, evenings, days or weekends teaching your skills or hobby. Become one of the many fee class instructors hired annually by the Park Authority, and earn \$12 to \$17 per hour. Classes are held at various RECenters and Fairfax County schools. For more information e-mail john.berlin@co.fairfax.va.us.

If working at the Park Authority isn't for you, but you would like to explore seasonal work opportunities

with Fairfax County, check out the possibilities on: www.co.fairfax.va.us/gov/pers/jobs.htm#Summer

On the road again ...

More than 100 day trips are offered each year by the Park Authority's Trips and Tours program.. Take a cruise, tour historic sites, enjoy the beautiful garden shows, take in an Oriole's game, or enjoy dinner and a show. Every tour includes transportation by motorcoach, admissions, and a trip escort to handle all of the details. Relax! For a schedule of upcoming tours, e-mail Tours@fairfaxcounty.gov or browse the possibilities and register online at www.co.fairfax.va.us/parks/parktakes.htm. Click on "find a class", then select Trips, Tours and Adventures under the "select a category" menu. Call the TOURS Hotline at 703-324-TOUR (8687) for this week's trips and special offers.

Social Security **UPDATE!**

Workers Receiving Social Security Benefits Can Earn More in 2002

People who receive Social Security benefits and are under age 65 can earn more in 2002 without losing any benefits.

The 2002 earnings limit for these workers is \$11,280, up from \$10,680 in 2001. The limit increases each year to reflect changes in average national wages. Social Security will deduct \$1 in benefits for every \$2 earned above \$11,280.

People who will turn age 65 this year can earn \$30,000 before seeing any reduction in benefits. After \$30,000, benefits will be reduced \$1 for every \$3 earned. Once people celebrate their 65th birthday, they may

keep all their benefits no matter how much they earn.

The earnings limit that reduced monthly benefits for earnings after full retirement age was eliminated in 2000.

To find out the effect your earnings may have on your Social Security benefits, log onto Social Security's website at www.ssa.gov/retire2/retcalc.htm.

Different rules apply to people who are receiving Social Security disability benefits. These people must report all work to Social Security, because any work they do might affect their benefits.

If You Become Eligible for Medicare at ANY age and you have County health insurance, you **MUST** enroll in Medicare Part A and B. In order to receive a reduced premium on your health insurance, if applicable, please send a copy of your new Medicare card showing the effective date of your Part A and Plan B coverage.

If you elect not to sign up for both parts of Medicare, the plan will pay your claims as though you had Medicare Parts A and B. Medicare will also add a 10% penalty to your premium for Part B for each 12 months that you could have been covered by Part B but elected not to enroll. The only exception is for periods when you were covered by an employers' (not a retirees') health insurance plan through your or your spouse's current employer.

Medicare Part B costs \$54.00 per month in 2002.

We Apologize for any Confusion

You may have noticed the June 28, 2002 statement of benefits "year-to-date" numbers were overstated. There was a processing problem that affected the year to date totals. We have corrected the year-to-date totals and the correct amount is reflected on the July 31, 2002 statement of benefits. Sorry for any inconvenience this caused.

Open Season for Retirees *October 15 - November 15*

For those Fairfax County retirees who have health and/or dental insurance, Open Season will allow you to make changes in health and dental plans and providers. Open Season **for retirees** will take place from October 15 to November 15, 2002. All changes will become effective January 1, 2003.

More information will follow in a mailing to eligible retirees in mid-October. One thing to keep in mind is the fact that **Trigon will no longer be one of the options for health care coverage in 2003**. All those enrolled in Trigon, **must** fill out paperwork selecting a new health plan.

2002 Northern Virginia Senior Olympics



Saturday, September 14 through Thursday, September 26, 2002



Participants must be age 50 and older and registrations must be postmarked by Aug. 30. Call 703-838-5095, ext. 258 for information.

Senior Adult Services

In Fairfax County

If you are a Fairfax County resident and 55 years of age or older, you can participate in any of the **16 senior program locations** throughout the County. Senior centers are operated by the **Department of Community and Recreation Services** and offer skill development and leisure opportunities through a variety of programs and activities.

Seniors can join one of the health and wellness, or fitness programs offered in the morning, or take a computer class, play bridge, or learn how to make new things in an arts and crafts workshop. They can be a part of one of the many discussion and support groups about diabetes, social security, Medicare/Medicaid, or take a 55 Plus Driving Class. Many of the centers have gardening clubs where the food they grow is donated to the homeless, community service groups that make touch toys for sick children or dress bears that are donated to the police department to comfort kids who have been victims of domestic violence, and groups that put together brown bags for the Y Me Program for breast cancer awareness. At lunchtime, meals are available for a minimal fee (depending on income) and transportation may be available from your home to the center located nearest your home.

One of the newest programs for seniors is the **Senior+ Program**. The purpose of the **Senior Plus Program** is to assist seniors in sustaining involvement in social activities in the least restrictive environment, prevent further decline in their health and well-being, and serve as a transitional service to the Adult Day Health Care Program. If you are 55 years of age or older and you want to be in a senior setting but are not eligible because you cannot independently participate in activities or handle some daily tasks independently; yet, you do not require the extensive supervision and services of the Adult Day Health Care setting, this program is for you.

To discuss the activities and events offered at the senior center nearest you, please stop in for a visit or give us a call. You can even request a list of program highlights. A list of **senior centers** with their addresses and telephone number is available. **Volunteers** are encouraged and always welcomed.

Senior+ Program

Senior+ is a new program for seniors. It is an integrated program within the Reston\Herndon Senior Center. It is designed for seniors, age 55 and older, who need a little extra assistance. The program is also a good choice for family members who want their loved one to have company and stimulating activities.

Senior+ offers:

- * A supportive program within the senior center
- ◇ Activities planned and adapted by a therapeutic recreation specialist
- * Health monitoring by a registered nurse (RN)
- ◇ Consultation by a mental health specialist
- * Individualized plans for optimal wellness
- ◇ Transportation by Fastran (from home to the center and back)
- * Nutritional lunches

What do they do?

- * Enable senior adults to maintain as much independence as possible
- ◇ Preserve dignity and enhance quality of life
- * Provide fun and enjoyment
- ◇ Reduce loneliness and isolation
- * Provide wellness to the greatest extent possible
- ◇ Maintain senior adults in their home and the community

This program is a cooperative effort of several County agencies, including Fairfax County Department of Community and Recreation Services, Fairfax-Falls Church Community Services Board, and the Health Department. The Senior+ Program is located in the Reston\ Herndon Senior Center at 1850 Cameron Glen Drive in Reston. Eligibility is determined by the needs of the individual. Every individual is assessed to ensure that they are receiving the appropriate services that meet their specific needs.

They strive to keep all participants in the least restrictive environment possible. The program hours are Monday through Friday, 10 a.m. – 2 p.m. A sliding fee scale is available. Activities planned for participants include strength training, chair exercise, walking club, stretching, group crossword puzzles, music therapy, horticulture therapy, arts and crafts, community service projects including dog biscuits for animal shelters, trivia, shopping trips, and charter trips to gardens, restaurants, and concerts. For more information, please call 703-481-4200.

For locations and more information about the Senior Centers, go to www.fairfaxcounty.gov/rec under the subject senior services or call 703-324-5544.

Retirement Associations

Keep your Retirement Association informed of address and phone number changes!

The Retirement Association regularly receives requests for updated contact information for Fairfax County retirees. Due to privacy considerations, we are **unable** to provide them with that sort of requested information for their mailings. If you are already a member, or interested in becoming a member, please keep them informed of address and phone number updates. For information on membership or to change your address, contact:

**Fairfax County Fire & Rescue
Retirement Association**

Tom Simcoe, 703-455-2001
mouse260@msn.com
Annual Dues is \$24.00

**Fairfax County Retired
Police Officers Association**

James Covell
703-426-2781

**Fairfax County
Retired Employees Association**

Dorris Medlin 703-256-6379
Annual Dues is \$5.00
Lifetime Membership is \$50.00

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